

**Filler Aftercare Instructions**

Fillers are simple and do not generally interfere with the daily routines of patients. A common complaint among those who undergo filler treatment is swelling although this should subside in the first few days after the injection. Because healing time varies from person to person, some may experience redness longer than others. **The filler gel is very malleable for the first 24 hours so follow these instructions to avoid disturbing the placement of the filler to keep the desired look.**

* Do not massage the area.
* Avoid flexing facial muscles.

-Ex: No steak dinners or excessive laughing, no playing a saxophone, etc.

* For lip augmentations, avoid kissing for the first 24 hours.
* Use gel pack for 10 minutes every 2 hours until bed time to help reduce swelling
* Avoid all laser treatments around injected area for a short period of time post procedure as it may increase swelling (refer to doctor for time period).

**Bruising:**

* Expect bruising to last up to 2 weeks at and around the injected area.
* Take Arnica Montana (follow directions on package) until bruising is gone.

-Find it at Drug Emporium in the herbal supplement aisle- $6- $7.

* To camouflage bruising, use Jane Iredale Corrective Colors kit ($30 at Pure Radiance).

I verify that I have read and understand the above instructions,

Name (print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_